



EDDIE A. PEREZ
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CITY OF HARTFORD

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CARLOS RIVERA
Director

HARTFORD WIC PROGRAM CELEBRATES NATIONAL NUTRITION MONTH

National Nutrition Month is an education and information campaign sponsored by the American Dietetic Association. The program is designed to focus on the importance of making informed food choices and developing sound physical activity habits.

This year's National Nutrition Month theme is "Eat Right". The key message is, healthy eating is important to our health. The food and physical activity choices that we make each day can affect our health and how we feel today and in the future.

In observance of National Nutrition Month, the Hartford WIC Program will host two events. The first is on **Wednesday March 18, 2009 from 11:00 a.m. – 2:00 p.m.** in the lobby of the Burgdorf/Bank of America Health Center located at 131 Coventry Street.

The second is on **Wednesday March 25, 2009 from 10:00 a.m. - 12:00 p.m.** at the Santa Marquez WIC Center at 547 Park Street. There will be food demonstrations, healthy snacks, nutrition information, give-away items, and fun physical activities.

Mayor Eddie A. Perez says, "This access to information and education is part of our Healthy Hartford campaign. That old adage rings true--- 'when you have your health, you have everything,' and we want our residents to have the health advantages that they need. I want to thank the Department of Health and Human Services for spearheading this vital effort."

"The health and wellness of all Hartford residents, particularly our children, is our top priority. By celebrating National Nutrition Month, we encourage all of our residents to make healthy choices in their lives." stated Carlos Rivera, Director of the Hartford Department of Health and Human Services.

For more information contact: Amanda Moore-Middleton, (860)-547-1426 X-7078